

## Testimony for 5113

My name is Stu Steinman I am board certified in emergency medicine and primary care sports medicine with a sports medicine practice in Norwalk CT.

The original CT concussion bill was one of the first in the nation and as such was a ground breaking law when it was enacted. However with the passage of time and the acquisition of new data the bill has become antiquate.

All of the suggestions in the new Bill are necessary to keep CT in step with other states in protecting the health and safety of our student athletes; however I want to stress the importance of limiting contacts in collision sports. This is the most important addition to the new bill and because it will alter the way practices are conducted and the way games are scheduled it will meet the most resistance. It is well documented that repeated sub concussive blows can cause post traumatic encephalomalacia with cognitive and behavioral impairments later in life. The younger the athlete the more brain neuroplasticity. This means that it takes less frequent and less forceful head blows to cause long term disability in younger athletes. Limiting contact practices particularly in younger athletes and allowing at least a week between games will mitigate long term disability. Athletics are important for physical, emotional and social fitness, which are subverted by a sports policy that increases the risk of long term disability. There is no value to getting a college football scholarship if one loses the cognitive and emotional capacity to benefit from the experience.

In order to protect the health and safety of our children, physical contact should be minimized until further research is done to define a safe level of contact.